AppHealthCare
Caring for our Community

Ashe COVID-19 Situation Update
March 4th, 2022

COVID-19 Updates & Important Points

As we respond to the current and anticipated future pandemic response efforts, we have shifted the metrics we share in this report to those that help us better understand severe outcomes due to COVID-19 like hospitalization, healthcare resource impacts, deaths and COVID-like illness surveillance. We will continue to align the information and data shared with the current COVID-19 landscape.

Protect Yourself & Others
Vaccinate and Boost: Get vaccinated now, including a COVID-19 booster as soon as you are eligible. Vaccines continue to be our best tool at preventing severe outcomes like hospitalization and death. Vaccines are widely available at pharmacies, healthcare offices and health departments. For a list of local vaccine providers, visit AppHealthCare.com.

Test: Get tested if you have any symptoms of COVID-19 or have been exposed to someone with COVD-19.
Testing is available at pharmacies, healthcare offices and health departments. At-home test kits are also available. For a list of local testing options and at-home testing information, visit AppHealthCare.com.

Mask: Masks can help protect you and others from COVID-19. As some mask requirements are lifted, some individuals may wear a mask based on personal preference. Masks will still be important in higher risk settings like healthcare facilities, long term care facilities, and correctional facilities. Also, if you are at higher risk of severe illness, may be in a setting of higher risk or have concerns about your exposure risk, you may choose to add to your layered protection by wearing a high quality, well-fitted mask, in addition to being up-to-date with COVID-19 vaccinations.

Treatment Options
While vaccines offer the best protection against severe outcomes due to COVID-19, treatment options are available on a limited basis. Any treatment should be recommended by a healthcare provider and requires a positive COVID-19 test. For more information about available treatment options and to find a treatment location near you, visit the NC DHHS website.

For more information about COVID-19, vaccines, and testing, visit AppHealthCare.com or call our COVID-19 Call Center at (828) 795-1970.

Protect Yourself & Others

If you test positive for COVID-19:

Limit contact with others for at least 5 days from symptom start date (or test date if asymptomatic). Once 5 days have passed, limit contact until you are fever-free and symptoms are improving

AND

Wear a mask for 5 additional days (or until 10 days have passed from your symptom start date, or test date if asymptomatic)

If you are exposed to COVID-19:

Limit contact with others for 5 days.
AND
Wear a mask for an additional 5 days

UNLESS you are up-to-date on vaccinations, including boosters (if eligible) OR have tested positive in the last 90 days, THEN wear a mask for 10 days.

COVID-19 Ashe County Vaccination Updates

County-specific race, ethnicity and age data are from the NCDHHS COVID-19 Vaccination Dashboard,
- *(All vaccine demographic data are current as of 3/3/2022 at 12:00pm).*

Staying up to date with COVID-19 vaccinations remains our most effective tool to protect against severe outcomes related to COVID-19 including hospitalization and death.

15,867
Vaccines Administered by AppHealthCare in Ashe County (as of 3/3/2022)
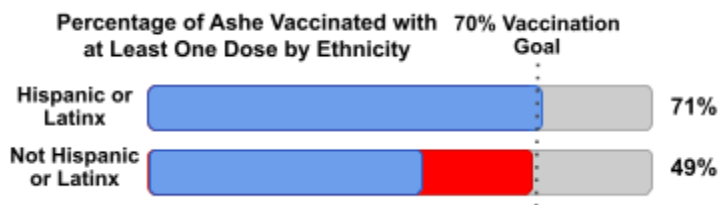
Unvaccinated adults (age 18+) in the U.S. were
16x as likely to be hospitalized in association with COVID-19
14x as likely to die from COVID-19 than those who completed their primary series.

Data tracking these outcomes is updated monthly and can be viewed at the CDC Data Tracker site linked here.

Compared to those who completed their primary series plus an additional or booster dose, the risk for unvaccinated adults increased to **44x** for hospitalization and **41x** for death related to COVID-19.
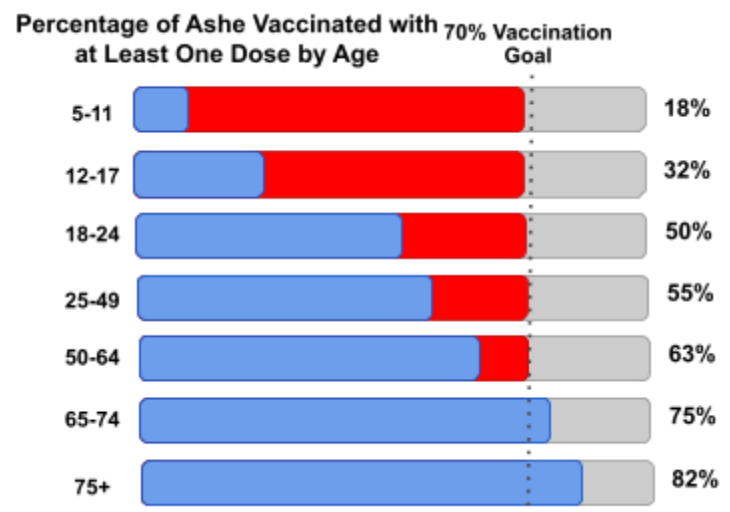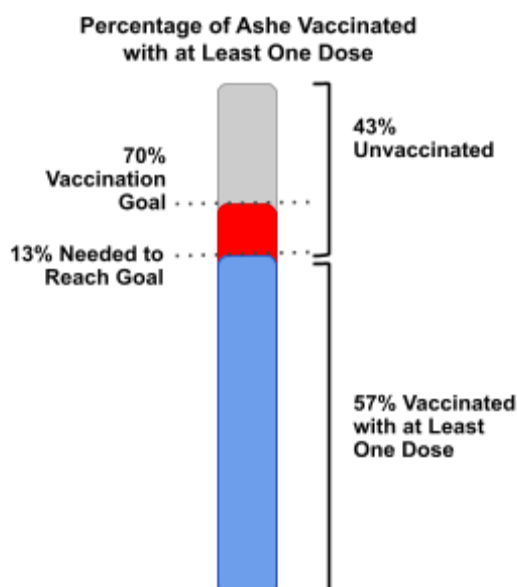
For more information regarding COVID-19 vaccines or a list of local providers, visit AppHealthCare.com.

Percentage of Ashe Vaccinated with at Least One Dose by Ethnicity — 70% Vaccination Goal

Ethnicity	Percentage
Hispanic or Latinx	71%
Not Hispanic or Latinx	49%

Percent of Population by Race Vaccinated with at Least One Dose

Race	Percentage
American Indian or Alaskan Native	0%
Asian	0%
Black or African American	0%
Native Hawaiian or Other Pacific Islander	0%
Other	34%
White	50%

Percentage of Ashe Vaccinated with at Least One Dose

- 70% Vaccination Goal
- 43% Unvaccinated
- 13% Needed to Reach Goal
- 57% Vaccinated with at Least One Dose

Percentage of Ashe Vaccinated with at Least One Dose by Age — 70% Vaccination Goal

Age	Percentage
5-11	18%
12-17	32%
18-24	50%
25-49	55%
50-64	63%
65-74	75%
75+	82%

North Carolina COVID-19 Case Updates

North Carolina State Synopsis

The North Carolina COVID-19 State Synopsis can be viewed at: COVID-19 State Profile Report, which is provided by White House COVID-19 Team, Joint Coordination Cell, Data Strategy and Execution Workgroup.

COVID-19 Variants Detected in North Carolina by Week

The Omicron variant seems to spread more easily and quickly than other variants, which may lead to more cases of COVID-19. Current COVID-19 vaccines are expected to protect against severe illness, hospitalizations, and deaths from the Omicron variant. The best way to protect yourself is by getting a COVID-19 Vaccination, and booster once eligible.

Data on COVID-19 Variants Detected in North Carolina by Week can be viewed at: North Carolina Department of Health and Human Services' COVID-19 Surveillance Study.
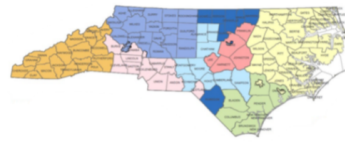
State Wastewater Surveillance Data

NC Department of Health and Human Services is collecting wastewater samples from an increasing set of participating wastewater treatment plants across NC to test for levels of SARS-CoV-2, the virus that causes COVID-19. Individuals infected with COVID-19 shed viral particles in their stool, which can be measured in wastewater. This metric will be increasingly important in measuring the amount of virus at the community level, as it provides information regarding the levels of virus independently of testing participation or reporting.

State wastewater surveillance data is updated on the NC DHHS dashboard weekly and can be viewed at https://covid19.ncdhhs.gov/dashboard/wastewater-monitoring.
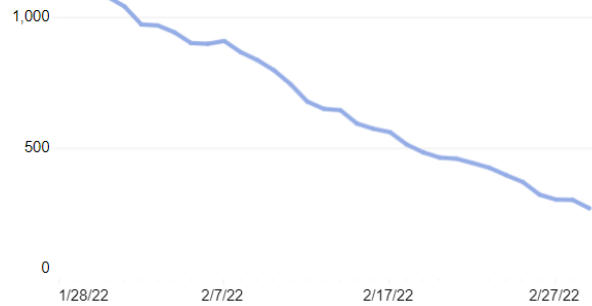
Regional COVID-19 Hospitalization Data

The hospitalization data reflected includes Ashe County. All hospitalization data is from NCDHHS' Hospitalization Data Dashboard. *(All data is current as of 3/3/2022)*
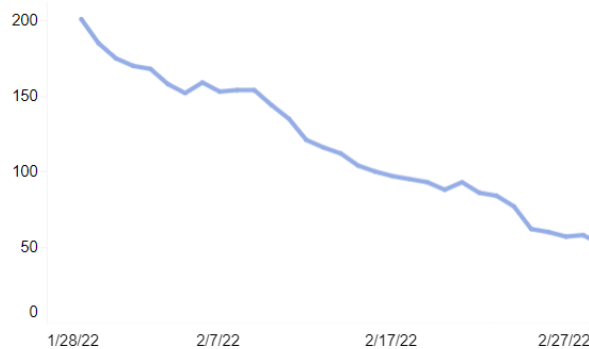
CapRAC - Capital Region Healthcare Preparedness Coalition
DHPC - Duke Healthcare Preparedness Coalition
EHPC - Eastern Healthcare Preparedness Coalition
MAHPC - Mountain Area Healthcare Preparedness Coalition
MCRHC - Mid Carolina Regional Healthcare Coalition
MHPC - Metrolina Healthcare Preparedness Coalition
SHPR - Southeastern Healthcare Preparedness Region
THPC - Triad Healthcare Preparedness Coalition

Currently Hospitalized COVID-19 Patients in Triad Health Preparedness Coalition Region (THPC)

268 Currently COVID-19 hospitalized patients as of 3/1/2022

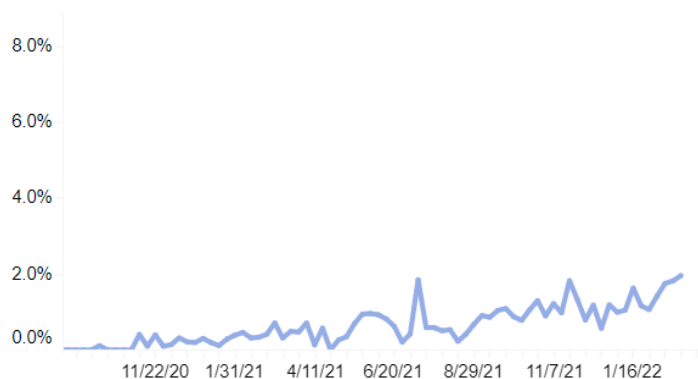**Number of COVID-19 Adult ICU Patients in THPC**

52 Current COVID-19 adult ICU patients as of 3/1/2022

Weekly COVID-19 Hospital Severity Trend: Percent of Patients on a Ventilator in THPC

13% Of currently hospitalized COVID-19 patients on a ventilator as of 2/27/2022

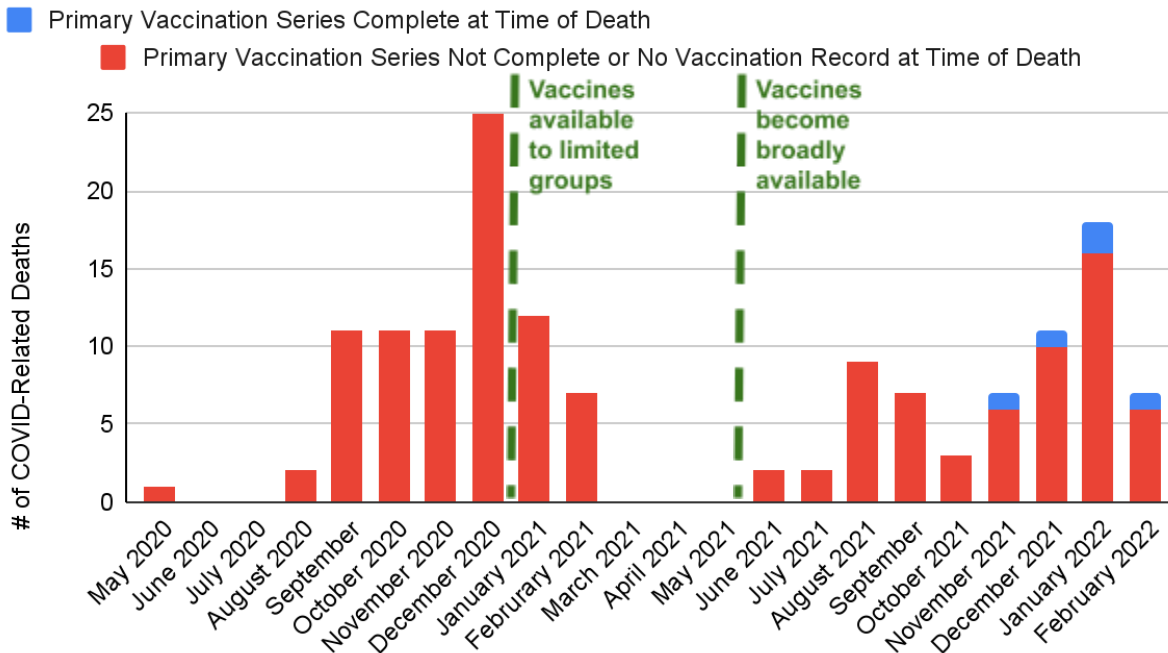**Weekly COVID-19 Hospital Severity Trend: Percent of Pediatric Hospitalizations in THPC**

2.0% Of currently hospitalized COVID-19 patients are pediatric as of 2/27/2022

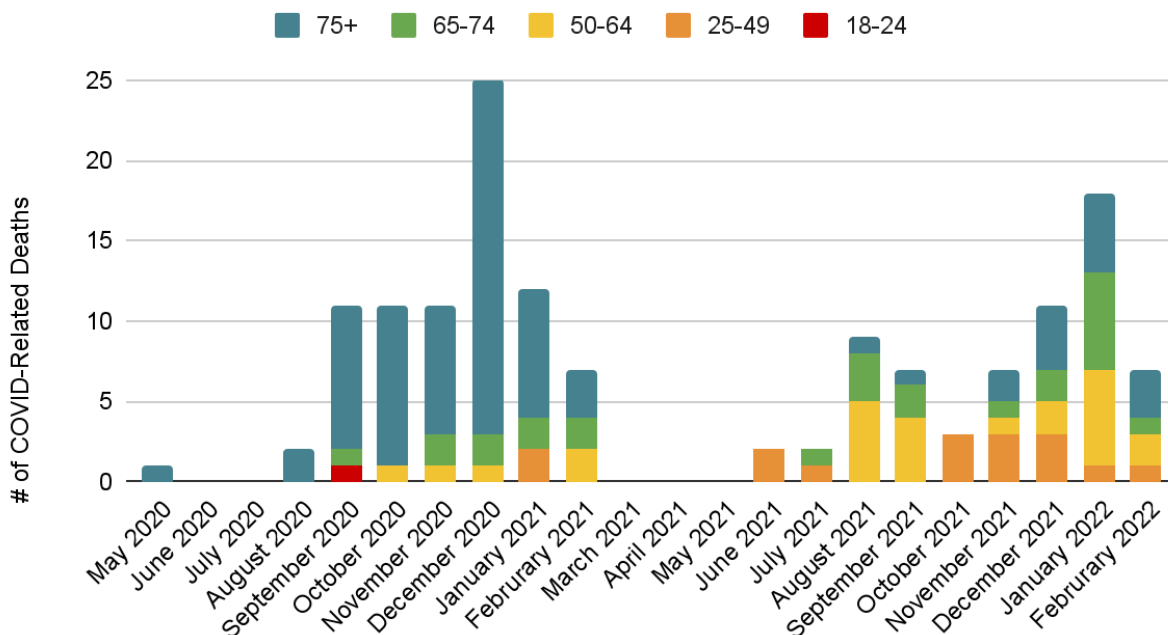# Monthly COVID-Related Deaths in the Appalachian District

The data reflected includes COVID-19 related deaths for residents of Alleghany, Ashe and Watauga counties combined. Data is collected from hospital reports *(All data is current as of 3/3/2022 at 9:00 am)*

COVID-19 Related Deaths Over Time in Appalachian District Residents

■ Primary Vaccination Series Complete at Time of Death

■ Primary Vaccination Series Not Complete or No Vaccination Record at Time of Death

Vaccines available to limited groups

Vaccines become broadly available

Of note, COVID-related deaths decreased significantly after vaccinations became available at the end of 2020. To date, the overwhelming majority of COVID-19 related deaths are among unvaccinated individuals.

COVID-19 Related Deaths in Appalachian District Residents by Age
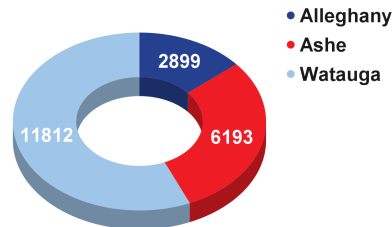
■ 75+ ■ 65-74 ■ 50-64 ■ 25-49 ■ 18-24

In the first year of the COVID-19 pandemic, COVID-related deaths were overwhelmingly among those age 75+. We have since seen the trend of COVID-deaths toward younger populations, mirroring the trend of increased vaccination rates among our older populations.
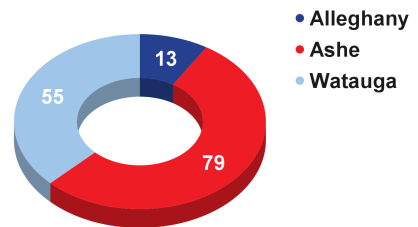
Ashe County COVID-19 Case Updates

Cases to Date in **Ashe County**: *(All data is current as of 3/3/2022 at 9:00 am- Cumulative case counts may decrease or fluctuate due to ongoing reconciliation of data sets and elimination of duplicate data.)*

12,492
COVID-19 Tests
Administered

Positive Cases

- ● **Alleghany**
- ● **Ashe**
- ● **Watauga**

2899
11812
6193

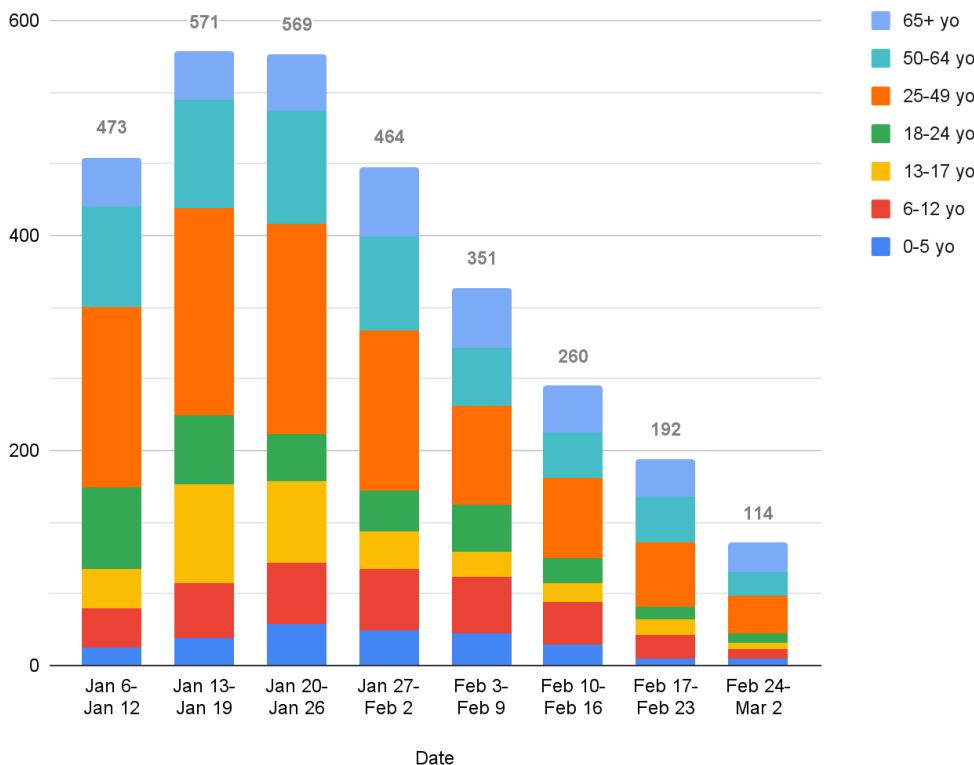### COVID-19 Deaths

- ● **Alleghany**
- ● **Ashe**
- ● **Watauga**

13
55
79

COVID-19 testing is offered by drive-thru Monday through Friday 8:30-10:00 am on a first-come, first-served basis. You do not need an appointment for testing. COVID-19 testing is free for everyone and we offer both PCR and rapid tests. AppHealthCare will serve anyone, regardless of their ability to pay.

Active Cases/Week Broken Down by Age Group

Ashe County

Legend:
- 65+ yo
- 50-64 yo
- 25-49 yo
- 18-24 yo
- 13-17 yo
- 6-12 yo
- 0-5 yo

Values above bars: 473, 571, 569, 464, 351, 260, 192, 114

X-axis (Date): Jan 6-Jan 12, Jan 13-Jan 19, Jan 20-Jan 26, Jan 27-Feb 2, Feb 3-Feb 9, Feb 10-Feb 16, Feb 17-Feb 23, Feb 24-Mar 2

Active cases include those in their isolation period within the designated time frame. On 12/28/2021 the CDC reduced the isolation period from 10 days to 5 days, starting from symptom onset, or test date if asymptomatic. The data reflects the updated 5-day isolation period for all date ranges represented.

Active Clusters and Outbreaks in Ashe County

The current cluster and outbreak information for congregate living, childcare and educational settings in our district can be viewed at the **NC DHHS Cluster and Outbreak reports**. An outbreak is defined as two or more laboratory confirmed cases within a 28 day period in a congregate living setting. A cluster is defined as a minimum of five cases within a 14-day period and plausible epidemiologic linkage between cases. An outbreak or cluster is considered active until 28 days have passed with no newly identified cases.

Click here to view COVID-19 case and trend distribution by demographic groups for Ashe County.